

Beef & Barley Soup



Ingredients

- 2 tbsp flour
- 1 beef stock cube
- 200g beef, cut into small chunks
 - 2 tbsp oil
 - 4 large carrots, sliced
 - 2 large onions, diced
 - ½ swede, diced
 - 4 medium potatoes, diced
 - 2 tbsp garlic granules
 - 2 litres beef stock
 - 1 tin chopped tomatoes
 - 2 tbsp tomato puree
 - 4 tbsp Worcestershire sauce
 - 1 bay leaf
 - 200g barley

Methods

1. Add beef, flour and crumbled stock cube into a freezer bag and shake to combine.
2. Add ½ the oil to a large pan and fry the beef for 5 minutes.
3. Remove the beef and set it aside.
4. Add the remaining oil and fry off the carrot, onion and swede for 5 minutes.
5. Add the garlic and fry for another 1 minute.
6. Add the stock, tomatoes, tomato puree, Worcestershire sauce, pepper, beef, barley and bay leaf.
7. Bring to the boil, reduce heat and simmer for 30 minutes.
8. Add the potatoes and cook for a further 20 minutes.
9. Remove the bay leaf before serving.